

RED CLIFF COMMUNITY HEALTH CENTER NEWSLETTER - February 2012

HEALTH CENTER'S STAR'S OF THE MONTH FOR NOVEMBER



Each month, we will be featuring Health Center staff that has been recognized by their peers for outstanding work. For the month of November, Missy Soulier and Jan Wilber, PharmD were selected.

Missy began work for the Health Center in 2003. She began in the Medical Benefits position and transitioned into the Business Office as the Accounts Receivable Clerk. Accounts receivable are those accounts that have been billed and are pending payment.

Daily duties for Missy include accepting payments at the office for pharmacy, clinic and dental services. She is also responsible for following up with insurance companies when bills are not paid. On average, Missy processes \$140,000 of payments per month.

Jan began work for the Health Center in 1997. She was fresh out of school and responsible for setting up the Health Center's pharmacy. Previous to her joining the staff, clients needed to get their medications elsewhere. Currently an average of 200 prescriptions is filled per day.

Jan is now the Chief Pharmacist and is responsible for providing oversight of the staff pharmacist and two pharmacy technicians. She is also responsible for the administrative functions in the pharmacy such as contracting, ensuring the drug files are current and ordering.

Thanks for doing a great job Missy and Jan, you are a star!!



Fight the No. 1 Killer of Women

HEART DISEASE

During American Heart Month

The facts are clear. More women die of heart disease than all forms of cancer combined.
Uncover the truth and make ending heart disease a reality.

HEALTH CENTER WILL BE CLOSED

FEBRUARY 20, 2012

TO OBSERVE PRESIDENT'S DAY HOLIDAY

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WIC Recert Day	2 "Nooni Circle" Breastfeeding support group 10-12 WIC Pick up Day	3 WIC Recert Day	4
5	6	7	8	9 Centering Pregnancy 10-12 & 2-4 <hr/> PODIATRY CLINIC <hr/> WIC Pick up Day	10	11
12	13 Diabetic Support Group 6pm	14 DIABETIC CLINIC	15 Free Health Screenings 9-11 at Legendary Waters Casino	16 "Nooni Circle" Breastfeeding support group 10-12 <hr/> PODIATRY CLINIC	17	18
19	20 CLINIC CLOSED <i>President's Day</i>	21	22	23 Centering Pregnancy 10-12 & 2-4	24 Making Healthy Choices Support Group 10 to 11am "Portion Control"	25
26	27	28	29			

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 "Nooni Circle" Breastfeeding support group 10-12 WIC Pick up Day	2	3
4	5	6	7 WIC Recert Day	8 Centering Pregnancy 10-12 & 2-4 PODIATRY CLINIC WIC Pick up Day	9 WIC Recert Day Making Healthy Choices Support Group 10-11am	10
11	12 DIABETIC SUPPORT GROUP 6PM	13	14 FREE Health Screenings at the Red Cliff Firehall 9 to 11	15 "Nooni Circle" Breastfeeding support group 10-12	16	17
18	19	20 DIABETIC CLINIC	21	22 Centering Pregnancy 10-12 & 2-4	23 Making Healthy Choices Support Group 10-11am	24
25	26	27	28	29 "Nooni Circle" Breastfeeding support group 10-12 PODIATRY CLINIC	30	31

MEET OUR NEW EMPLOYEES



My name is Jodi Schoch. I am a CMA working with Dr. Lewis and Arlene Brandis. I have been working in medicine for over 25 years. I worked at the Rhinelander Regional Medical Group. I have worked in Women's Health, Pediatrics, Oncology, Internal Medicine, ENT and Neurology, Medical Records and Scheduling. I moved to Ashland in July 2005 when I got married. My husband is Dan Schoch who works at Carlson's Building Supplies. Between the both of us, we have five children. We have a small hobby farm in Ashland and raise grass and hay fed beef, organic practice heirloom produce and

organic chickens/eggs. I love to can our produce and dehydrate them too! My passion is anything pertaining to art! I was an artist at the Bayfield Artist's Guild for two years. I love to draw, ceramics, painting, jewelry, crocheting, photography, sewing and baking.



I am Jacob Maas, the new environmental health specialist for the Red Cliff Community Health Center. I have been married to my wife, Claire, for 3 years. We have a 3 year old son, named Christian.

I am originally from Lebanon, Wisconsin, which is located half way between Madison and Milwaukee on the Madison drumlin field of the late Wisconsinan glaciation epoch of the Pleistocene. I attended the University of Wisconsin-Whitewater, where I majored in geography. I then attended Western Michigan University where I attained my Master of Arts in Geography. After my masters I attended Texas State University-San Marcos for 4 years working towards a

doctorate. During this time I worked for the U.S. Fish and Wildlife Service in San Marcos, TX. In 2010 we moved to Wisconsin. In February of 2011 I started working for Red Cliff. We currently live in Washburn. We all enjoy living up here, and I love working for the Red Cliff Community.

Cancer Prevention: 7 Tips to Reduce Your Risk

By Mayo Clinic Staff

Concerned about cancer prevention? Take charge by making small changes in your daily life, from eating a healthy diet to scheduling regular cancer screenings.

You've probably heard conflicting reports about cancer prevention. Sometimes the specific cancer-prevention tip recommended in one study or news report is advised against in another. If you're concerned about cancer prevention, take comfort in the fact that small changes in your daily life can make a big difference. Consider seven real-life cancer prevention tips.

1. Don't use tobacco. Using any type of tobacco puts you on a collision course with cancer. Smoking has been linked to various types of cancer –including cancer of the lung, bladder, cervix and kidney– and chewing tobacco has been linked to cancer of the oral cavity and pancreas. Even if you don't use tobacco, exposure to secondhand smoke may increase your risk of lung cancer. Avoiding tobacco–or deciding to stop using it–is one of the most important health decisions you can make. It's also an important part of cancer prevention. If you need help quitting tobacco, ask your doctor about stop-smoking products and other strategies for quitting.
2. Eat a healthy diet. Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it may help reduce your risk. Consider these guidelines:
 - ✂ Eat plenty of fruits and vegetables. Base your diet on fruits, vegetables and other foods from plant sources such as whole grains and beans.
 - ✂ Limit fat. Eat lighter and leaner by choosing fewer high-fat foods, particularly those from animal sources. High-fat diets tend to be higher in calories and may increase the risk of overweight or obesity which can, in turn, increase cancer risk.
 - ✂ If you choose to drink alcohol, do so only in moderation. The risk of various types of cancer including cancer of the breast, colon, lung, kidney and liver increases with the amount of alcohol you drink and the length of time you've been drinking regularly.
3. Maintain a healthy weight and include physical activity in your daily routine. Maintaining a healthy weight may lower the risk of various types of cancer, including cancer of the breast, prostate, lung,

Continued: Cancer Prevention: 7 Tips to Reduce Your Risk

colon and kidney. Physical activity counts, too. In addition to helping you control your weight, physical activity on its own may lower the risk of breast cancer and colon cancer. As a general goal, include at least 30 minutes of physical activity in your daily routine and if you can do more, even better. Try a fitness class, rediscover a favorite sport or meet a friend for daily brisk walks.

4. Protect yourself from the sun. Skin cancer is one of the most common kinds of cancer and one of the most preventable. Try these tips:
 - ✕ Avoid midday sun. Stay out of the sun between 10am and 4pm, when the sun's rays are strongest.
 - ✕ Stay in the shade. When you're outdoors, stay in the shade as much as possible. Sunglasses and a broad-rimmed hat help, too.
 - ✕ Cover exposed areas. Wear tightly woven, loosefitting clothing that covers as much of your skin as possible. Opt for bright or dark colors, which reflect more ultraviolet radiation than pastels or bleached cotton.
 - ✕ Don't skimp on sunscreen. Use generous amounts of sunscreen when you're outdoors, and reapply often.
 - ✕ Avoid tanning beds and sunlamps. These are just as damaging as natural sunlight.
5. Get immunized. Cancer prevention includes protection from certain viral infections. Talk to your doctor about immunization against:
6. Avoid risky behaviors. Another effective cancer prevention tactic is to avoid risky behaviors that can lead to infections that, in turn, may increase the risk of cancer. For example:
 - ✕ Hepatitis B. Hepatitis B can increase the risk of developing liver cancer. The hepatitis B vaccine is routinely given to infants. It's also recommended for certain high-risk adults such as adults who are sexually active but not in a mutually monogamous relationship, men who have sex with men, and health care or public safety workers who might be exposed to infected blood or body fluids.
 - ✕ Human papillomavirus (HPV). HPV is a sexually transmitted virus that can lead to cervical cancer. The HPV vaccine is available to both men and women age 26 or younger who didn't have the vaccine as an adolescent.
7. Take early detection seriously. Regular self-exams and professional screening for various types of cancers such as cancer of the skin, colon, prostate, cervix and breast can increase your chances of discovering cancer early, when treatment is most likely to be successful. Ask your doctor about the

Continued: Cancer Prevention: 7 Tips to Reduce Your Risk

beast cancer screening schedule for you.

- ✂ Practice safe sex. Limit your number of sexual partners, and use a condom when you do have sex. The more sexual partners you have in your lifetime, the more likely you are to contract a sexually transmitted infection such as HIV or HPV. People who have HIV or AIDS have a higher risk of cancer of the anus, cervix, lung and immune system. HPV is most often associated with cervical cancer, but it may also increase the risk of cancer of the anus, penis, throat, vulva and vagina.
- ✂ Don't share needles. Sharing needles with an infected drug user can lead to HIV, as well as hepatitis B and hepatitis C which can increase the risk of liver cancer. If you're concerned about drug abuse or addiction, seek professional help.



MEDICATION

COLLECTION

Reduce pollution, prevent childhood poisonings, reduce substance abuse

You Can Bring:

- Prescription medications
- Over-the-counter medications
- Ointments
- Sprays
- Liquid medications
- Patch medications
- Vials
- Pet medications

Do NOT Bring:

- Mercury
- Inhalers
- Biohazardous materials
- Needles/Sharps
- Personal care products (shampoo, soaps, etc...)
- Household hazardous waste (paint, oil, pesticides, etc...)

DON'T:

- Flush unwanted medications down the toilet or sink drain.
- Burn medications or personal care products.
- Throw unaltered medications directly into the trash.

COLLECTION SITES

LOCATIONS & TIMES

Red Cliff Police Department

36435 State Hwy 13

Monday - Friday

8:00 am to 4:30 pm

Bayfield County Sheriff's Department

615 Second Ave. E., Washburn

Monday - Friday

8:00 am to 4:00 pm

Ashland Police Department

601 Main Street, Ashland

24 hours a day/everyday

FEBRUARY

is American Heart Month

Act in Time to Heart Attack Signs!

Did you know that healthy choices can reduce your risk factors for heart disease and protect your heart?

Sometimes, even if we try our best, heart disease can result in a heart attack. That is why it is important to know the warning signs of a heart attack and what to do if you experience them. Quick action can help save your life or the life of someone else.

Heart Attack Warning Signs

The most common heart attack warning sign for men and women is chest pain or discomfort. Sometimes, the pain or discomfort is mild, and the warning signs may come and go. Most people have more than one warning sign. Some signs can occur at the same time.

Anyone with heart attack signs needs to get medical care as soon as possible. Even if you're not sure it's a heart attack, have it checked out. If you feel any of the signs on the next page, call 9-1-1* right away. Every minute counts!

Be prepared. Keep a heart attack survival plan and emergency card handy.

*If you do not have a 9-1-1 system, use your local emergency number.



Will: "Since I have several risk factors for heart disease, it is important for me to know the heart attack signs and symptoms. I will be ready to act quickly if the symptoms occur. My doctor told me that it is best to call 9-1-1* immediately if I have any of the symptoms."

Call 9-1-1 if You Feel Any of These Symptoms of a Heart Attack.

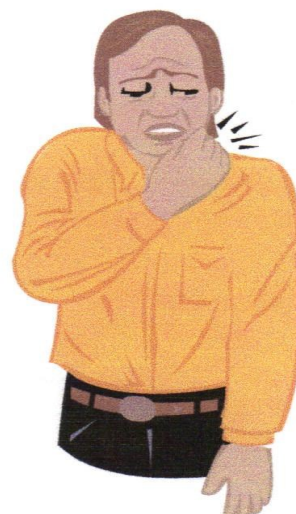
Your chest hurts or feels squeezed.



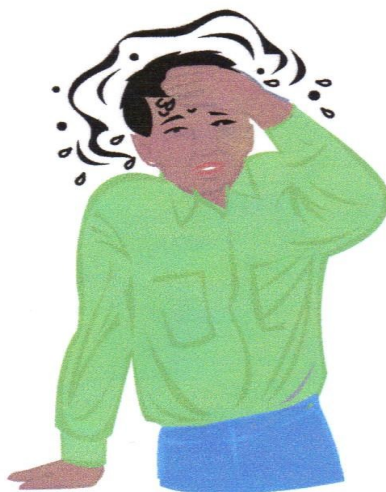
One or both arms, your back, or stomach may hurt.



You may feel pain in the neck or jaw.



You feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

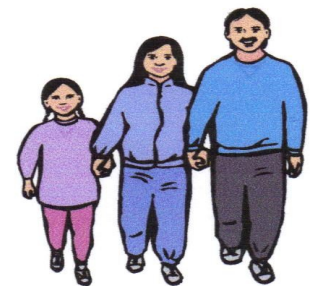
Lower Your Risk for Heart Disease.

Mary: “The good news is that there are many things my family and I can do to lower our risk for heart disease. We have agreed to take the path of heart health. Working together as a family strengthens our chances of staying healthy. I am changing my habits because I want to be at my grandchildren’s graduations and weddings.”



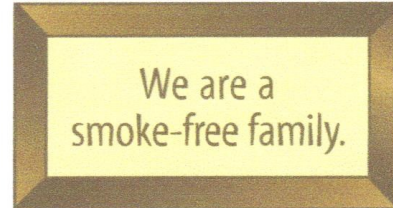
Mary’s Family Takes the Path to Heart Health

- **Lose weight.** “We eat smaller portions. If we are still hungry, we have salad.”
- **Get 30 to 60 minutes of moderate physical activity a day.** “We walk together after dinner every night.”
- **Eat less saturated fat and sodium.** “I bake chicken instead of frying. I use herbs instead of salt to season our food.”
- **Eat more fruits and vegetables.** “We enjoy them with meals, as a snack, or for dessert.”



- **Limit beverages and foods with sugar.** “We limit sweets, such as doughnuts, cookies, and soda.”

- **Quit smoking.** “Our home is smoke free.”

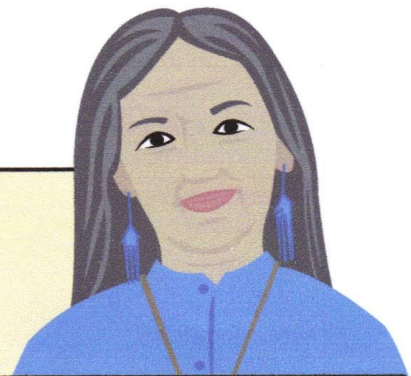


- **Have regular checkups.** “We use our heart health cards to track our weight, waist measurement, blood pressure, blood cholesterol, and blood sugar (to check for diabetes).”



You can lower your risk, too. When you change your lifestyle behaviors by doing some of these things, you **will** live longer.

Sally: “Changing old habits is no easy chore, but as a family, we will help each other. We are more active and eat healthier meals now.”



Respiratory syncytial virus (RSV)

Respiratory syncytial virus (RSV) is a very common virus that leads to mild, cold-like symptoms in adults and older healthy children. It can be more serious in young babies, especially to those in certain high-risk groups (premature babies, babies with heart disease or severe lung disease).

Causes, incidence, and risk factors

RSV is the most common virus (germ) that causes lung and airway infections in infants and young children. Most children have had this infection by age 2. Outbreaks of RSV infections most often begin in the fall and run into the spring.

The infection can occur in people of all ages. The virus spreads through tiny droplets that go into the air when a sick person blows their nose, coughs, or sneezes. You can get RSV again every year. You can catch RSV if:

- A person with RSV sneezes, coughs, or blows their nose near you
- You touch, kiss, or shake hands with someone who is infected by the virus
- You touch your nose, eyes, or mouth after you have touched something contaminated by the virus, such as a toy or doorknob.

RSV often spreads very rapidly in crowded households and day care centers. The virus can live for:

- a half an hour or more on hands
- up to 5 hours on countertops
- several hours on used tissues.

Symptoms

Symptoms vary and differ with age. They usually appear 4 - 6 days after coming in contact with the virus.

Older children usually have only mild, cold-like symptoms, such as cough, clear runny nose, or low-grade fever.

Infants under age 1 may have more severe symptoms and often have the most trouble breathing.

In general, RSV symptoms include:

- Breathing difficulty or labored breathing
- Cough
- Croupy cough (often described as a "seal bark" cough)
- Fever
- Nasal flaring
- Rapid breathing (tachypnea)
- Shortness of breath
- Stuffy nose- clear nasal discharge
- Wheezing
- Bluish skin color due to a lack of oxygen (cyanosis)

Signs and tests

Many hospitals and clinics can rapidly test for RSV using a sample of fluid taken from the back of the nose with a cotton swab.

Treatment

Antibiotics do not treat RSV.

Mild infections go away without treatment.

Infants and children with a severe RSV infection may be admitted to the hospital. Treatment will include:

- Oxygen
- Moist (humidified) air
- Fluids through a vein (by IV)

A breathing machine (ventilator) may be needed.

Expectations (prognosis)

Most RSV infections resolve without treatment in 5-7 days.

Moderate infections cause wheezing (bronchiolitis) and can last longer.

Rarely, RSV infection can cause death in very young infants. This is unlikely if the child is otherwise healthy, and is seen by a health care provider in the early stages of the disease.

More severe RSV disease may occur in the following infants:

- Premature infants
- Infants with chronic lung disease
- Infants whose immune system does not work well
- Infants with certain forms of heart disease

Complications

In young children, RSV can cause:

- Bronchiolitis
- Croup
- Ear infections
- Lung failure
- Pneumonia

Infants who have had RSV bronchiolitis may be more likely to develop asthma.

Calling your health care provider

Call your health care provider or be seen if your child has:

- breathing difficulties.
- a high fever (> 102) occurs
- not eating well or getting dehydrated
- or other symptoms that worry you.

Breathing difficulties in an infant are an emergency. Seek medical attention right away.

Prevention

A simple way to help prevent RSV infection is to wash your hands often, especially before touching your baby or your own face. If someone has coughed on you, change your shirt/clothing before picking up your baby.

The following simple steps can help protect your baby from getting sick:

- Insist that others wash their hands with warm water and soap before touching your baby.
- Have others avoid contact with the baby if they have a cold or fever. If they must hold your baby, have them wear a mask.
- Be aware that kissing the baby can spread RSV infection.
- Try to keep young children away from your baby. RSV is very common among

young children and easily spreads from child to child.

- Do not smoke or let others smoke inside your house, car, or anywhere near your baby. Exposure to tobacco smoke increases the risk of RSV illness.
- Avoid crowds during outbreaks of RSV.

Moderate-to-large outbreaks are often reported in the local news and newspapers to provide parents with an opportunity to avoid exposure.



Chicken Cutlets with Tomato Saute'

Serves 4

Hands-on Time: 15 mins

Total Time: 20 mins

Ingredients

- 1 1/2 pounds small chicken cutlets (8-12_
- Kosher salt and pepper
- 2 tablespoons olive oil
- 1 1/2 pints grape or cherry tomatoes
- 3/4 cup dry white wine (such as Sauvignon Blanc)
- 4 scallions, sliced
- 2 tablespoons fresh tarragon leaves, chopped

Tip: Serve this easy sauté' over egg noodles or rice to soak up every drop of the flavorful sauce.

Nutritional information: Calories

287; Calories from fat 34%; Protein

36g; Carbohydrates 6g; Sugar 4g; Fiber 2g; Fat 11g; Sat Fat 2g; Calcium 46mg; Iron 2mg; Sodium 331mg; Cholesterol 94mg

Directions

1. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Heat the oil in a large skillet over medium-high heat.
2. Working in 2 batches, cook the chicken until browned and cooked through, 2 to 3 minutes per side. Transfer to plates.
3. Add the tomatoes to the skillet and cook over medium-high heat, stirring occasionally, until they begin to burst, 2 to 3 minutes.
4. Add the wine and simmer until the liquid is reduced by half, 2 to 3 minutes.
5. Stir in the scallions and tarragon and serve with the chicken.

February

National Children's Dental Month

The Red Cliff Dental Department is making a visit this month to the Red Cliff Early Childhood Center to provide dental screenings and fluoride varnishes. We offer these services every 3 months. It is our goal to reduce the amount of childhood decay and promote healthy smiles. We recommend applying fluoride varnish as soon as the tooth/teeth are visible.

We recommend all children to see a dentist every 6 months for dental screenings or a checkup. Call today for an appointment at 715-779-3096.

HEALTHY TEETH ARE HAPPY TEETH!!!!!!



**RED CLIFF
COMMUNITY
HEALTH CENTER**

88455 Pike Road
PO Box 529
Bayfield, Wisconsin
54814

715-779-3707
715-779-3777 fax

We're on the Web!
www.red-cliff-health.com

HEALTH CENTER HOURS

CLINIC:

715-779-3707

Monday - Friday

8am to 4:30pm

PHARMACY:

715-779-3157

Monday - Friday

9am to 12pm & 1pm to 4pm

OPTICAL:

715-779-3707

Monday & Wednesday

1pm to 4pm

Erin Tenney WHNP, CNM

Clinic days:

715-779-3707 ext. 225

Mondays 9am to 3:30pm

Call for an appointment!

DENTAL:

715-779-3096

Monday - Friday

Call for an appointment!

Anna Carlson CPNP, CLC

Clinic days:

715-779-3707 ext. 260

Mondays 9am to 3:30pm

Fridays 9am to 12pm

Six uses for lemons

1. Make lemon powder to season rice, meat and vegetables. Use a microplane grater to remove the zest from a lemon. Spread the zest out on a plate and let dry for 2 to 3 days. Once dry, use your fingers to crumble the zest into a powder; store in an airtight container.
2. Keep sliced apples or pears from browning by squirting a little lemon juice on them. The acidity of the lemon juice helps prevent the fruit from oxidizing.
3. Freshen breath naturally. Candying lemon zest turns it into a tasty treat. Use it to garnish your morning yogurt, add flavor to tea or even freshen breath.
4. Soothe a cold by adding lemon juice and honey to hot water or tea. The vitamin C from the lemon may help boost your immune system and the hot drink may reduce congestion.
5. Make your tea healthier. Tea is rich in a class of antioxidants called flavonoids, which are most potent when tea is freshly brewed. Give your tea a healthy boost by adding lemon juice to your brew. The citric acid and vitamin C in that squeeze of lemon help preserve the flavonoids.
6. Remove stains and odors from cutting boards. Rub half a lemon on the surface, leave it for 15 mins, rinse and repeat as necessary.